

Purple Cow

Makes: 3 servings

Ingredients

6 fluid ounces grape juice (frozen)

2 cups water (cold)

1/3 cup milk (nonfat, dry)

1 teaspoon vanilla

1 cup ice (or more)

Directions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and ? cup nonfat dry milk

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	80 mg
Total Carbohydrate	31 g
Dietary Fiber	0 g
Total Sugars	31 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available